



## Staying Up in an Upside-down World What Darren's Clients are Saying

"This was an amazing session! Great presenter! Very engaging & dynamic! Very Honest! Gave great info and tools to help!" - **University of Regina**

"Inspiring session! Darren, I could see myself in so many of your stories. Thank you so much for your honest, open sharing." -**Prince Albert Parkland Health Region**

"Awesome. I learned some real tools to deal with stress. Not "pie in the sky" stuff at all!" - **Regina Public Schools**

"Excellent! I really appreciated you sharing so many of your own personal stories. It really helped me apply your ideas to my own life." - **Employee and Family Assistance Program (EFAP) Conference**

"You took a complicated issue and made it easy to understand. The Stress Spiral makes a lot of sense, I get it now." -**Saskatchewan Rivers School Division**

"A testament to this being a topical issue but more importantly to Darren's reputation in understanding stress and having credibility in presenting was the turn out that we had for his session. We had approximately 110 of our members attend this session which was a record high for us since I have been a Board Member. The feedback that we received from our members was awesome – all requesting that Darren speak again and for a longer period of time." - **Sask. Association of Human Resource Professionals (SAHRP)**

"This presentation was excellent. The content was real and down to earth and Darren was very entertaining and extremely knowledgeable." – **ERBA**

"Darren did his homework. He understood our group and the specific stressors we deal with in our jobs." - **Regina Catholic Schools**

"Fantastic session. The stress spiral information really helped me understand how stress impacts both our mind and body and what I can do about it." - **SaskPower**

"Understanding how stress can lead to bigger problems helped me to understand what I am going through. I wish I would have heard this session two years ago." – **Canadian Safety Association**

"Excellent presentation...So many tips and ideas I can use right now. I thoroughly enjoyed it." - **Information Services Corporation (ISC)**

"I have known I needed to do something about my stress levels for a long time. Darren, you gave me the information and motivation to take action. Thank you!" - **Social Services Saskatchewan**

Book Darren: (306) 535-3233

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